

Growing Together

Learn Grow Inspire

**A Professional Development Day
for Support Staff**



April 28, 2023

**Stitó:s Lá:lém Totí:lt:
Elementary Middle School**



**Chilliwack
School District**

Schedule

8:00am – 8:30am	Doors Open (Coffee & Muffins)
8:30am – 9:00am	Welcome (Main Gym)
9:10am – 10:30am	Session #1
10:40am – 12:00pm	Session #2
12:00pm – 12:45pm	Lunch (Multipurpose Space)
12:45-1:00pm	Planting Activity
1:00pm – 2:30pm	Keynote Address (Main Gym)

Our Keynote Speaker



Dr. Shauneen Pete is from Little Pine First Nation (Treaty 6) and Cowessess First Nation (Treaty 4). She has been an educator for 30 years and specializes in the preparation of teachers for engagement in Indigenous Education. She has taught courses in Indigenous Studies, Education, Leadership Studies and Indigenous Education. Prior to moving to BC, she taught anti-oppressive education courses. Her area of specialization includes indigenization and decolonization of Canadian higher education. Dr. Pete is the Indigenous Resurgence Coordinator in the Faculty of Education at the University of Victoria.

Core Competencies: Thinking, Communication, Personal & Social Awareness

Workshops & Excursions

Epilepsy and Seizure Training

9:10am & 10:40am

Christine Jamieson, BC Epilepsy Society

#Critical Thinking

The Partners in Teaching workshop by the BC Epilepsy Society covers epilepsy awareness, how to recognize the different types of seizures, the general guidelines of seizure first aid, and some of the safety considerations involved with epilepsy. If you work with a student who has a seizure plan with or without rescue medication, you are strongly encouraged to attend this workshop.

Come And Get It: Mental Health Services on Demand

9:10am & 10:40am

Mukesh Joshi - MA Counselling Intern, Chilliwack Youth Health Centre

#Targeted Interventions

Have you heard about the Chilliwack Youth Health Center, and the amazing supports that it offers the youth of our community? This workshop will include a discussion around youth mental health, including barriers to counselling, programs in the community, and exploring the impact of COVID-19 on youth mental health.

Gender Care and Youth

9:10am & 10:40am

Charles Amirault, Chilliwack Youth Health Center

#Targeted Interventions

People in the LGBTQ+ community are at a higher risk of mental health issues in their lifetime compared to the general population. In this workshop we will be discussing the impact educators and other adults may have on the well-being of transgender and gender diverse youth, challenges trans youth may face, and how to support them.

Crosswalk Supervisor Training

10:40am only

Daryl Rued - Occupational Health & Safety Manager, SD#33

#High Quality Instruction

In this online training session you will be given an overview of safe job procedures for performing student crosswalk supervision. Lessons include clothing, positioning at a crossing, types of crossings, and disobedience by a driver or student. This training will be completed on a laptop (provided for you), individually in a classroom. At the end of this training you will earn a certificate of completion. ***This session is strongly encouraged for anyone working as a crossing guard for our district.***

Craft Corner

9:10am & 10:40am

#Personal & Social Awareness

Are you currently working on a 'crafty' project of some kind? Whether you knit, quilt, cross-stitch or paint, this is your opportunity to connect with colleagues who enjoy doing the same thing. Bring your handi-work and supplies, and spend time connecting, sharing and learning from new friends.

Painting Lhilheqey

9:10am only

Valerie Tosloff - Indigenous Enhancement Teacher, SD#33

#Creative Thinking

Indigenous art is centered on story-telling. It is used to convey knowledge of the land, events and beliefs of indigenous people. In this workshop you will paint your very own canvas as you learn the oral stories and place names of Chilliwack. No previous painting experience necessary.

Calling all Puzzlers!

9:10am & 10:40am

#Critical Thinking

Working on a puzzle reinforces connections between brain cells, improves mental speed and is an effective way to improve short term memory. Studies have even shown that dopamine is released with every success as we solve a puzzle. Come and experience the therapeutic benefits of puzzling - it can be a great way to connect with students!

Mandela Rock Painting

9:10am & 10:40am

Karyn McMahon - Child & Youth Care Worker, SD#33

#Creative Thinking

Do you need to calm your mind? Learn how to paint Mandela rocks! As you paint, you will notice your thoughts slowing down and your mind shift away from the stressors of life. Both you and your students can benefit from this form of art. No painting experience necessary. Rocks and paint will be provided.

Youth Substance Use Services

9:10am & 10:40am

Amy Jamieson - Youth Substance Use Counselor, Pacific Community Resource Society

#Targeted Interventions

Do you or someone you know use substances and need help? You are not alone. In this workshop, Pacific Community Resource Society (PCRS) youth services will be talking about the services they offer in our community, and tools that you can use to engage children and youth in conversation around substance use.

Therapeutic Yoga for Self-Compassion and Regulation

9:10am & 10:40am

Opal Blair - Education Assistant, SD#33

#Personal & Social Awareness

We will be exploring a therapeutic trauma informed yoga practice that is suitable for every body. We will begin with a sharing circle for introductions and have a discussion of what trauma informed yoga is and how it can support self compassion and regulation. Then we will move into a short physical practice together where we will experience some breathing, movement and meditation to support befriending the body and learning how to use it as a resource. We will close with reflections and takeaways. Come in comfortable clothes and bring your own mat if you have one.

Exercise with 'Exergaming'

9:10am & 10:40am

Blair Dinsdale - Physiotherapist, SD#33

#Personal & Social Awareness

A growing body of research supports exergaming as a healthy and beneficial form of physical activity. In this workshop we will explore the benefits of using virtual reality to help us achieve our recommended daily exercise. Dress appropriately for movement and exercise.

Top Chef Challenge

9:10am & 10:40am

Suzan Parrott

#Personal & Social Awareness

Are you ready to cook up some teamwork? Join us for a fast-paced session filled with fun, laughter, team building and creativity while making something delicious to eat! There will be a small prize and bragging rights awarded to the group that can deliver the most amazing dish!

Try a Trade

9:10am & 10:40am

Sonya Vandop - Session #1 , Jennifer Green - Session #2

#Critical Thinking

Join the University of the Fraser Valley for an exciting opportunity to increase your trades skills (welding, carpentry/joinery and autobody paint spraying). As support staff, we often do not have time to personally experience trades machinery as we are committed to supporting the students in their shop classes. This is your chance to grow your trades abilities, learn something new, and create positive conversations with our students around skilled trades as a career. Staff attending this workshop will have their names entered into a draw to win a UFV trades hoodie! (We will have three hoodies to award for attending this workshop).

Copper Bracelet - Make and Take

9:10am & 10:40am

Sheila Sadler

#Creative Thinking

Join Sheila, a Red Seal Certified Sheet Metal Worker, for a fun time of learning, while improving your comfort and skill level with basic tools. The copper bracelet project will involve some sanding, hammering, shaping, and then adding heat to enhance the color of the copper. The end result will be that you will feel pride in making a wearable piece. By increasing your knowledge and ability around skilled trades, you will grow the confidence it takes to make something yourself. It will also provide a starting point for student engagement when it comes to career conversations that can encourage our students to consider working with their hands, problem solving, and considering skilled trades as a career. "Trades have changed my life and I would like to let people know how it did!" - Sheila Sadler.

Tour of the Valley

9:10am-12:00pm

Shasha White - Inclusion Support Teacher, SD#33

#Personal & Social Awareness

Experience Columbia Valley like never before. This outdoor session will give participants a unique adventure on local farms: Chestnut Springs, The Bees Knees Organics, Grown With The Wind and more! Enjoy exploring a cider house, apple orchard, horses, sheep, pigs, feeding chickens, ducks, and an artisanal market. This session will be held outdoors on farmland, so please dress accordingly.

Rock Climbing at Project Climbing Center

9:10am-12:00pm

Facilitators: Lori Christensen & Amber Ellert

#Critical Thinking

Come and experience the educational benefits of rock climbing! This exciting sport involves elements of focus, creativity, anticipation, problem solving and judgement. No climbing experience necessary. Dress in comfortable, active wear. Rock climbing shoes will be provided.

Kayaking & Paddle Boarding

9:10am-12:00pm

Cultus Lake Marina

#Personal & Social Awareness

Join your colleagues for a morning of kayaking or paddle boarding at Cultus Lake Marina. Canoeing and paddle boarding are low impact activities that can improve your aerobic fitness, strength and flexibility. Specific health benefits include: improved cardiovascular fitness and increased muscle strength. Come out and enjoy some physical activity - it's great for your personal wellness!

Chilliwack Mural Tour

9:10am-12:00pm

Marley Roane, Chilliwack Mural Festival

#Creative Thinking

This guided tour will take guests on a personalized tour of approx. 20 murals in the heart of Downtown Chilliwack. Starting in District 1881, we'll move on foot throughout the downtown and into Central Village. We'll see murals by internationally renowned artists Emmanuel Jarus, Jason Botkin, Tierney Milne, Carrie-lynn Victor, and Kevin Ledo and all kinds of hidden gems by local artists. Learn behind-the-scenes information about each mural, and take some amazing photos. On our tour, participants will reconnect with historic downtown Chilliwack and experience the culture and history that resides in our community.

Building VIT content with Canva

9:10am-12:00pm

Josh Bouthot - Computer Technician, SD#33

#Communication

What is Visual Identity? A visually clear and consistent identity that enables others to immediately identify our work, reinforcing a strong professional impression every time we communicate. During this session we will review existing visual identity toolkit templates and discover which ones get used most at your school. Then learn how to recreate your most used VIT templates in Canva with new flare, existing colour schemes and logos!

Vedder River Place Names and Histories Bike Tour

9:10am-12:00pm

Kathryn Popma - Indigenous Enhancement Teacher, SD#33

#Human Social SD33

Hop on your bike and take a tour down the Vedder River from bridge to bridge. Along our ride, we will be learning Stó:lō place names and listening to some of the ongoing histories of the land, as described in the Stó:lō Historical Atlas and Being Ts'elxwéyeqw. Bring your own bike & helmet, and dress for the weather!

Chilliwack River Fish Hatchery Tour

9:10am-12:00pm

James Carey - Facilities Manager Chilliwack River Fish Hatchery

#High Quality Instruction

Come join us as we tour the incredible Chilliwack River Fish Hatchery. Salmon is the pride of BC but it takes a lot of hard work and cooperation to ensure that the population survives and thrives. The Chilliwack River watershed has, over several decades, been subjected to impacts that had reduced salmon productivity and sustainability. The hatchery maintains salmon populations for commercial, sport and First Nations fisheries. It is also involved in public and community education, stewardship and support for various government agencies (including habitat restoration), fish management, stock assessment and scientific research).

Guided Forest Therapy Walk

9:10am-12:00pm

Kim Verigin, Certified Forest Therapy Guide - Association of Nature and Forest Therapy

#Personal Awareness

Are you experiencing burnout or wanting to find a place of calm? Come join us for a guided forest therapy walk with a certified forest therapy guide. Forest Therapy is a mindful experience of slowing down and being in the moment. It is a blend of ancient traditions and modern research for supporting healing, wellness, and happiness through immersion in forests and other natural settings. We will go rain or shine so please dress for the weather. This is your opportunity to take in and appreciate all the psychological, physiological, and spiritual healing benefits of nature. For further information about your guide and this experience check out www.yadoma.ca. See you in the forest!

Clerical Training - All Things Finance

9:10am-12:00pm

Kristy Hodson & Finance Team - SD#33

#Data Driven Decisions

This interactive session will have lots of time for questions, sharing of ideas and coming up with strong Financial Procedures. This will be a collaborative session and will include: journal entries, proper backup, IEW, GL accounts and how they work, deposits, Family Affordability funds, school cash audits, and much more! All clerical staff will get something out of this training no matter how long you have been with the district, or what grade level your school is. We would love to see everyone in person!

Basics of Behaviour

9:10am-12:00pm

Jennifer Watson - Behavior Analyst, SD#33

#High Quality Instruction

Students behave the way that they do for a reason. As Board Certified Behaviour Analysts, we will be talking about the ABCs of behaviour. We will be discussing proactive, and reactive strategies, and ways that we can manage difficult student behavior.

Geocaching: Modern Day Treasure Hunting

9:10am-12:00pm

Alyson King - Alternate Support Coordinator, SD#33

#Personal & Social Awareness

Looking for a fun way to exercise both mind and body? Try geocaching (JEE-oh-cash-ing), an outdoor activity that combines walking with tech-assisted treasure hunting. There are over one million geocaches in the world! In fact, you have walked/driven by hundreds already! This is a free recreational activity that can be used by students, families, or you enjoying some "me" time. Please bring comfortable footwear, a water bottle, and suitable clothing, as we will be walking outside for approximately 4km. We will be doing this rain or shine. Let's go out and find some treasure!

First Aid Certification
#High Quality Instruction

8:30am-4:00pm

This all-day First Aid training is for Clerical, Supervision Assistants, Bus Drivers, Education Assistants and any other job description that requires First Aid. CASUAL STAFF who require First Aid are welcome to attend (cost is \$70.00). Payment can be made by credit card at the School District Office or by cheque (payable to SD33 Chilliwack).

Non-Violent Crisis Intervention
Stephanie Sywak - Board Certified Behavior Analyst, SD#33
#High Quality Instruction

8:00am-1:00pm

CPI Nonviolent Crisis Intervention Training is a safe, non-harmful behavior management system designed to help professionals in any setting provide the best possible Care, Welfare, Safety, and Security of individuals presenting a range of crisis behaviors. Upon completion of this full day training you will be certified for two years.

Registration opens on Friday April 14th at noon.
Registration closes on Monday April 24th.

Register here: [ebase](#)

Be sure to register early!

